

**ABSTRACT OF THE DISCLOSURE**

A cervical intervertebral prosthesis includes lower and upper anchoring plates with a prosthesis core arranged between them to create an articulated connection. The anchoring plates are designed to bear with their anchoring plate surfaces on adjacent vertebral bodies. At least  
5 one anchoring plate surface has a rib-like projection thereon which can be used to engage in the vertebral body with a form fit. In order to produce a corresponding recess in the vertebral body, an instrument having a handle, a stem, a head part and an excavating element that can be retracted into the head part may be used. This permits considerably improved securing of the cervical intervertebral prosthesis against unintended movement. The medullary canal running  
10 along the posterior margin of the vertebral column is in this way protected from damage.